

the link

September
2012



VA Nebraska-Western Iowa Health Care System

5 Order Brings Eras Together

PAGE 4
silver
AWARD
magazine



A common theme I noticed in this month's Link was partnership. Much of what we do at VA Nebraska-Western Iowa Health Care System couldn't be done without our partners, official and unofficial.

A story on area county Veteran service officers shows just how important these partners are in helping Veterans navigate the VA system. Service Officers live where our Veterans live and can make sure Veterans get to us for the care and benefits they deserve.

The simulation facility at the University of Nebraska Medical Center's Sorrell Center is dedicated to enhanced learning for students and practitioners. Working with the Sorrell Center staff, NWIHCS' nurses are able to keep up their skills using mannequins and other simulators.

These are just two of the many partnerships that benefit NWIHCS Veterans and employees.

On another note, you've learned about these programs and more by reading The Link, and it has been recognized for bringing that information to you. The monthly magazine recently was named the second place magazine throughout the Veterans Health Administration – that includes all of the health care facilities in the nation. We couldn't be more proud and look forward to continue bringing information to Veterans, their families and staff.

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FACT: AN ESTIMATED 1.7 MILLION SERVICEMEMBERS HAVE RECEIVED THE PURPLE HEART SINCE WORLD WAR I.

Cover: Jim Powers and Terry Gillespie, members of the Military Order of the Purple Heart, grill out at the Lincoln VA facility for the 230th Birthday of the Purple Heart. Photo by Anna Morelock.



the **link**

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In Their Health Care



Diversity United, Building the Future Today



VA Views



This magazine is an authorized publication for VA Nebraska-Western Iowa Health Care System (VA NWHCS). Contents of The Link are not necessarily the official views of, or endorsed by, the U.S. government, or the Department of Veterans Affairs. The editorial content of this publication is the responsibility of the VA NWHCS Public Affairs Office.

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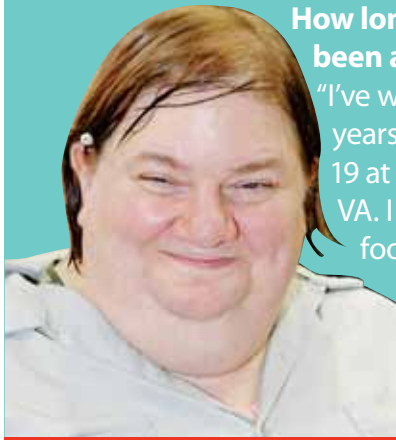
Scan with your smart phone to view more issues of The Link online.



meet

monica shirley

Environmental Management
Services | Lincoln Community-Based
Outpatient Clinic



How long have you been at NWIHCS?

"I've worked for 35
years as of Sept.
19 at the Lincoln
VA. I started in
food services.

I started
here when
Lincoln
was still a
hospital."

What does your job entail?

"I keep the facility clean by cleaning
restrooms, picking up trash, cleaning
spills and refilling paper towels."

What do you like best about your job?

"Meeting and greeting the Veterans. I'm a
people person."

What are you doing when you are not at work?

"I sing in a church choir. I love music."

What are your future goals?

"Maybe retire in two years. Maybe
travel. I'm a home-body. I like to sit back
and relax. I might need to figure out a
hobby—maybe crochet." 📖

COMMUNICATION Awards

V A Nebraska-Western Iowa Health Care System's monthly magazine, *The Link*, recently was awarded second place in the newsletter and magazine category in the Veterans Health Administration's Communication Awards.

The *Link* is a combined effort between Public Affairs and Medical Media to bring news and feature stories to NWIHCS staff and the Veterans they serve.

Will Ackerman, NWIHCS public affairs officer, won an award in the feature writing category for a story he wrote on 90-year-old physician Dr. J. Dan Egan, who still teaches students at NWIHCS. The story, "From WWII Corpsman to VA Physician," won third place and was published in the March 2012 edition of *The Link*. 📖

To view *The Link*'s archive, visit www.nebraska.va.gov and click the blue button for *The Link* toward the bottom of the homepage.



Teens Donate Their Summer Vacation to Veterans



Student volunteers were recognized for giving their time in the Summer Student Volunteer Program at the Omaha VA Medical Center during a ceremony in the Education Conference Room Aug. 3. The students worked in many areas of the hospital.

From left: Colby Nary, Abigail Jerry, Tea Anna McDowell, Katherine LeFrancois, Anna Mayer, Samantha Shirley-Anzures, Makaelynne Smith and Ann Marie Bell.

Medal Unites Veterans *From All Eras & Services*

Anna Morelock | Public Affairs

Purple was the dominant color Aug. 21 in the Lincoln Community-Based Outpatient Clinic Auditorium where more than 50 Purple Heart recipients and family members gathered to celebrate the medal's 230th birthday.

Most of those in attendance were members of the Military Order of the Purple Heart, who host the event each year, or their Ladies' Auxiliary.

“It’s a brotherhood. Somebody can say they belong to the Marines or the Army or the Air Force, but when you shed blood for your country, you automatically become a member of this organization. Not everybody can be a member.”

Jim Varejcka | MOPH State Commander



Photo by Anna Morelock

An estimated 1.7 million servicemembers have received the Purple Heart since World War I.

In Nebraska, MOPH has three active chapters, one each in Lincoln, Omaha and Grand Island. The group is looking for new members in the Norfolk area to restart the inactive chapter there.

Besides the annual birthday celebration, members participate in service activities in their respective areas. In Lincoln, Chapter 200 recently began maintaining the Veterans Memorial Garden at Antelope Park. The Ladies' Auxiliary makes fleece blankets for Veteran inpatients at the Omaha VA Medical Center. They also recently purchased e-readers for Veterans living in Grand Island's Community Living Center.

(continued on page 12) ►



Photo by Anna Morelock

Above: Members of the Military Order of the Purple Heart gather in the Lincoln VA Auditorium Aug. 21 to celebrate the 230th birthday of the Purple Heart.

Left: John Hansen and Jim Powers salute as they recite the Pledge of Allegiance during the birthday celebration for the Purple Heart.

County Veteran Service Officers

Link Veterans With Their Benefits

Will Ackerman | Public Affairs

they are not employees of the U.S. Department of Veterans Affairs. Yet, they are often the best source of information and assistance for Veterans who try to sort through the variety of benefits they may be eligible for through VA.

"She is invaluable," is how Mitchell Nichols, Operation Iraqi Freedom U.S. Army Veteran, described Stacy Dufault, Cass County, Neb., Veteran service officer. "Stacy knows everything I need. Her services and knowledge cannot be replaced."

Although they work for their respective counties, service officers are focused on one mission – to help Veterans wade through the benefits VA offers, ►

► and assist them in the application process for those benefits they are eligible for as a result of their military service.

"The most-common thing I hear is, 'I don't want to take from other Veterans.' I tell them, 'let us care for you when you are alive and your family when you die.'"

Stacy Dufault | Cass County, Neb., Veteran Service Officer | U.S. Navy and Marine Veteran

Many Veterans are aware VA offers health care services and military service-connected benefits to eligible Veterans. Others are familiar with the Montgomery and Post-9/11 GI Bills for education and the VA home loan guarantee. However, there are many other benefits that are not so well known, including bereavement counseling, headstones and markers, aid and attendance. ►



Photo by Will Ackerman

“They are the front line. When Veterans want help, the county service officers guide them.”

John Horner | VA Nebraska-Western Iowa Health Care System Business Office Manager

“It is a partnership,” Horner said.

“They are an extension of our services.”

Although the VA has tried to streamline its application process for benefits, and has made it more accessible through online resources, “there is still a lot of paperwork that is pretty extensive,” said Kelly Hansen, Monona County, Iowa, Veteran service officer. He is a retired U.S. Air Force Veteran.

“A lot of older Veterans are not tech savvy, and would rather come here to talk to someone for assistance,” he said.

To apply for benefits, Veterans need their DD Form 214–Certificate of Release or Discharge from Active Duty—as the primary verification of service. They also have to complete various forms for different benefits that require detailed information.

“It’s easier for me to come here to see Kelly. I need someone who knows what the VA is telling me, because it’s like Greek to me.”

Richard Baker | U.S. Navy Veteran–Vietnam

There is not a national standard training requirement for county Veteran service officers, but Dufault said most of her Nebraska counterparts do attend regular



Photo by Will Ackerman

Kelly Hansen, Monona County, Iowa, Veteran service officer, visits with Richard Baker, a U.S. Navy Vietnam Veteran, at his office in Ottumwa, Iowa.

► continuing education. Service officers attend training courses and VA update seminars presented by VA’s regional offices and health care systems in Nebraska and Iowa, as well as through the states’ Veterans Affairs departments.

“If we want to be effective, we need to be regularly updated on new VA information and how to complete VA forms,” Dufault said. “It’s a disservice if we do not.”

Besides helping Veterans understand and apply for VA benefits, service officers also promote the fact they are available.

When he started his job in May 2011, Hansen said he realized a lot of Veterans didn’t know the office was available.

Baker said outreach and awareness is important, since many Veterans like himself, didn’t think they might be eligible for VA benefits.

“When I got out of the service, they never mentioned VA,” Baker said. “Later, I realized I did deserve Veterans’ benefits because I put my life on the line.”

Hansen said Baker’s story is an example of why he serves, to ensure Veterans know about their benefits.

“I enjoy getting up every day, knowing that I’m helping fellow Veterans,” he said. ❶

Stacy Dufault, Cass County, Neb., Veteran service officer, explains a VA benefit form to Mitchell Nichols, an Operation Iraqi Freedom U.S. Army Veteran.

Find a Veterans Service Officer in your county:

Nebraska at
www.vets.state.ne.us/cvso.html



Iowa at
<https://va.iowa.gov/counties/index.html>



The Sorrell Center

A COLLABORATIVE TRAINING CENTER FOR NWIHCs AND UNMC

Anna Morelock | Public Affairs

a partnership that started out as split custody of a mannequin has blossomed into a collaborative training center for VA Nebraska-Western Iowa Health Care System and the University of Nebraska Medical Center.

The Sorrell Center, which is located on the UNMC campus, is just blocks from the Omaha VA Medical Center. Entering the training center, exam rooms line each side of the hallway. At the end of the hall is a classroom, lab and simulated inpatient rooms.

Most Fridays, a group of VA nurses can be found at the end of the hall going from room to room to participate in a series of annual competency trainings.

Debbie Smith, a licensed practical nurse in the Omaha VA Medical Center Green Clinic, was at Sorrell to complete her training using the various simulators for the third year in a row. ►

“I love the VA. It’s right on the edge. None of the other places I’ve worked at performed competencies, and I think that’s a very good idea. Especially the further we get from nursing school, the more we forget what we learned.”

Debbie Smith, LPN



Photo by Anna Morelock



Photo by Anna Morelock

► Practicing these procedures that don't occur often, but carry a high risk for patients, is an important part of improving outcomes. And, the nurses and other providers can learn in a safe setting.

"If you practice on a mannequin and something doesn't go as planned, all you do is hit reset," said Kami Willet, NWIHCS' simulation training coordinator. "By practicing a skill or procedure on a mannequin in a controlled environment, you decrease the chance of causing potential harm to a patient."

Besides training nurses, residents and providers often participate in training at the Sorrell Center. Willet is working on upcoming training for outpatient doctors that will be led by a UNMC physician.

"We're pooling equipment, resources and subject-matter experts. We're pooling them together to not just standardize training but to make the best quality training we can for our Veterans."

Kami Willet, Simulation Training Coordinator, VANWIIHCS

(continued on page 13) ►

► That day, Smith and the other nurses were practicing a critical-thinking scenario with a mannequin patient who had low blood sugar. Smith came into the room, greeted the patient and listened as her trainer spoke through the mannequin from a room next door.

In another room, instead of a whole patient, the nurses practiced on an artificial arm. They practiced what they would need to do in the event medication was injected, not into a vein, but into the tissue of the patient's arm. In her 37 years in nursing, Mary Jo Bade, RN, said she's never had to perform this procedure. Some of the other nurses had once or twice in their careers. ►

Left: Debbie Smith, an LPN from the Omaha VA Medical Center Green Clinic, completes a critical-thinking scenario at UNMC's Sorrell Center. The nurses from VA NWIHCS are able to use the simulation center to complete their annual competencies.

Above: Mary Jo Bade, RN, and Amy Olson, RN, go over what a nurse would do in case of an extravasation – or in case medicine gets out of the vein and into the surrounding tissues.

Right: Kami Willet, NWIHCS simulation training coordinator, Col. Douglas Risk, Maj. Gen. Gerard Caron, and NWIHCS Chief of Dentistry Allan Hancock discuss the application of anesthetic simulations in dental training.



Photo by Anna Morelock

A New Tune for the PATIENT-CENTERED CARE GRAPEVINE

Anna Morelock | Public Affairs

the Patient-Centered Care Grapevine began in a tuneless way in an office on the ninth floor. The collaboration of numerous people led to sections in The Link, the Daily Briefs that are sent to staff each morning via email, and on the Intranet. The goal was to create a place where employees could “hear” the latest about patient centered care at NWHCS.

While driving home from work one evening, one of the Grapevine coordinators sang different words to the tune “I Heard it Through the Grapevine.” The words revolved around patient centered care to promote the PCC Grapevine.

With the alternate lyrics written, a project began that included employees across the system in a fun way to promote patient centered care. ►



Photos by Anna Morelock

Julia Onik, Veterans Canteen Service, and Shaunie Mosley, Logistics, dance along with the music as they wait to record their lyrics.

Larry Hall Jr., who volunteers in the canteen, records a solo version of the lyrics, which Wes Bieker, VCS, later mixed with others' vocals.

Dr. Gary Gorby, chief of Medicine, Daty Keys, Human Resources, and Seth Burmeister, Safety, all added their voices to NWHCS' patient-centered care song.

► Bruce Thiel and Jim Prucha, both from Medical Media, kicked off the process by researching and requesting rights to use the music first recorded in 1966 by Smokey Robinson and the Miracles. Seven employees gathered in two sessions in the third floor television studio to record the lyrics. Wes Bieker, from Veterans Canteen Service, captured the NWHCS voices and mixed the lyrics along with a keyboard recording from a friend of Thiel's. Bieker also added his own guitar styling to the mix. Thiel began a story board and Becky White, from tele-pharmacy in Lincoln, was asked to choreograph the project.

The goal of the group was to create a fun video that can be used to remind employees of where they can go to find information on patient-centered care and activities. Recording for the video will begin in September and employees from across the system will have the chance to show off their moves. Before recording, supervisors in each area will be notified of the schedule for filming. 🎬



The Patient-Centered Care Grapevine is a feature to highlight activities and training. Watch the Daily Briefs and the Intranet for this logo.

If your department or program has a unique way of being patient-centered and wants to be featured, contact Michele O'Connor in Omaha at ext. 5809 or micheleoconnor@va.gov.

For more patient-centered care information, visit the Intranet page at vaww.nebraska.va.gov/PCC.asp.



My Health, My Care: 24/7 ^{Online} Access to VA

Helping Veterans BECOME MORE INVOLVED IN THEIR CARE

Jan Carlin | My HealthVet Coordinator

My HealthVet is an online personal health record designed for Veterans and is located at www.myhealth.va.gov. This online program offers

Veterans 24/7 Internet access to VA health care. With My HealthVet, Veterans can access trusted, secure and current health information at their convenience. All VA staff should encourage Veterans to use this tool.

A BASIC MY HEALTHVET ACCOUNT ALLOWS A VETERAN TO:

- Refill VA prescriptions online and view prescription history
- Create an electronic health journal to track blood pressure, daily activity, blood sugars and much more
- Research health information and receive health reminders

To access additional features with an upgraded account, a Veteran must complete an in-person authentication form at the Release of Information office.

AN UPGRADED IPA ACCOUNT ALLOWS A VETERAN TO:

- View past and upcoming scheduled VA appointments
- View many chemistry and hematology lab results
- Secure message with health care teams – this is like email, in a secure format, to be used for non-emergent health care questions
- View allergies and adverse reactions
- Use new features that will be released in the future

To complete the in-person authentication after a Veteran has created a basic account, he or she can visit Release of Information at the facility they usually visit. Community-based outpatient clinics can process this form. ①

For more information about My HealthVet, contact:

Jan Carlin, NWIHCs My HealthVet Coordinator: 402-995-4966

Helen DeButts, My HealthVet Contact for Lincoln: 402-489-3802, ext. 6571

Kent Engelhardt, My HealthVet Contact for Grand Island: 308-382-3660, ext. 2132

Sign up for My HealthVet online at www.myhealth.va.gov



ancient greeks, MODERN LIVES: POETRY - DRAMA - DIALOGUE

Join Veterans of all eras and VA staff to take a look at how lessons learned by ancient Greeks still resonate today. Warriors from ancient times suffered PTSD. They had trouble adjusting to life at home after years at war. Everyone is welcome to join - knowledge of Greek history not required. **Books will be provided.**

Each session will be at 7 p.m. in Room 107 at the Lincoln VA facility

sept. 19: Aeschylus, Oresteia oct. 22: Lecture on Greek Tragedies

oct. 17, (5 p.m.): Acting Workshop nov. 8: Sophocles, Ajax, Electra, and Philoctetes

oct. 17: Dramatic Reading nov. 28: Euripides, Herakles Gone Mad

For more information, call Rob McCrory at 402-489-3802, ext. 7879, or Anna Morelock at 800-451-5796, ext. 5547.



Ancient Greeks/Modern Lives: Poetry-Drama-Dialogue is a program that has been made possible by a major grant from the National Endowment for the Humanities: great ideas brought to life. www.ancientgreeksmodernlives.org

Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of the National Endowment for the Humanities.



HELLO

July 15 to Aug. 11

Heather Akers, *Imaging***Carrie Anderson**, *Vet Center***Doreen Baerentzen**, *Mental Health***Brian Boer**, *Fee Basis***Jess Boysen**, *Fee Basis***Bridget Coffey**, *Mental Health***Jennifer Cole**, *Fee Basis***Sandra Dealey**, *Fee Basis***Johnathan Lauth**,
*Sterile Processing Service***Ann Renee Marty**, *Mental Health***Sara May**, *Fee Basis***Sandra Miller**, *Mental Health***Alexa Narron-Garcia**, *Fee Basis***Cynthia Pommells**,
*Sterile Processing Service***William Shelton**, *Shenandoah CBOC*

GOODBYE

July 15 to Aug. 11

George Allen, *Director's Office***Jean Brady**,
*Primary Care and Specialty Medicine***Jimi Carpenter**, *Inpatient Care***Belynda Daniels**, *Surgery***Andrea Erickson-Berger**,
*Extended Care***Dawn Eskau**,
*Veterans Engineering Resource Center***Andrea Fort**, *Inpatient Care***Josie Freeman**, *Human Resources***Joyce Gradoville**, *Prosthetics***Tabatha Harders**, *Extended Care***Darin Henley**, *Pharmacy***Sidney Kauzlarich**, *Mental Health***Sherry Kennon**, *Shenandoah CBOC***Shannon Larson**, *Patient Care***Gregg Liedke**, *Business***Daniel Mastel**,
*Environmental Management Service***Barbara McIntosh**, *Patient Care***Annalisa Meyer**, *Surgery***Rick Nagy**, *Sterile Processing Service***Stacie Reuter**, *Norfolk CBOC***Pamela Schneider**, *Surgery***Amanda Schuler**, *Surgery***Vithyalakshmi Selvaraj**,
*Mental Health***Guy Sharpe**,
*Environmental Management Service***Donna Smith**, *Mental Health***Michael Steinhoff**, *Business***Jennifer Wagner**,
*Quality Management***Andrea Walter**, *Pharmacy*► *Purple Heart Celebration continued from page 5*

While most of the Veterans in the group are from the Vietnam and Korean eras, the group is looking to recruit younger Veterans, said Varejcka, a Navy Veteran who served in Vietnam.

"They're too busy raising families now, and we understand that," he said. "But, later on if they join they'll keep the organization going."

That was a reason one of Chapter 200's youngest members said he joined the organization.

"If my generation does not get involved," said Mike Sheets, a 28-year-old Marine Veteran, "I would hate to see the organization fail because of lack of membership. It's a good cause to get behind."

Sheets, who was wounded in Operation Iraqi Freedom, said another reason he enjoys meeting with his fellow Purple Heart recipients is because they have a shared experience.

“MOPH is a place where Purple Heart recipients and their families can cope with some of their issues. It's easier for me to talk about whatever issues I may have with others who share those issues with me than somebody who does not have them.”

Mike Sheets, U.S. Marine Veteran

The Military Order of the Purple Heart was chartered by Congress in 1958 for men and women who received the Purple Heart for wounds received in combat. ①

For more information about the organization, visit www.purpleheart.org.



► *Sorrell Center continued from page 9*

Recently, NWHCS had a visit from another partner organization, the Department of Defense, or more specifically, the Air Force. Maj. Gen. (Dr.) Gerard Caron is the commander of the 79th Medical Wing at Joint Base Andrews, Md., and assistant surgeon general for Dental Services for the Office of the Surgeon General, Headquarters U.S. Air Force.

During his visit, Caron and NWHCS leadership spoke about the dental residency partnership between NWHCS and Offutt Air Force Base. He also toured the Sorrell Center along with Offutt and NWHCS personnel to learn how the Airmen, and hospital staffs have partnered for trainings at the center.

To learn more about the Sorrell Center, visit www.unmc.edu/sorrellcsc.



Get Your Veterans ID Card (VIC)



Stop by the Enrollment
and Eligibility Office*
*Front Desk at Community-Based Outpatient Clinics
Your card will be mailed to you.

Visit Our Social Media Sites



Like Us on Facebook
www.facebook.com/NebraskalowaVA



Follow @VANWIHCS

Get news, information for patients and upcoming events



EVENTS what's going on?

- Sept. 3** Labor Day
- Sept. 3** Outreach at the NE State Fair, Grand Island
- Sept. 4** Farmer's Market, Omaha
- Sept. 5** Farmer's Market, Lincoln
- Sept. 7** New Volunteer Orientation, Omaha
- Sept. 9-15** National Suicide Prevention Week
- Sept. 9-15** National Assisted Living Week
- Sept. 11** Patriot Day
- Sept. 15 to Oct. 15** Hispanic Heritage Month
- Sept. 16-21** National Veterans Summer Sports Clinic, San Diego, Calif.
- Sept. 16-21** Deaf Awareness Week
- Sept. 12-22** Prostate Cancer Awareness Week
- Sept. 17** Constitution Day
- Sept. 19** Ancient Greeks, Modern Lives book group, Lincoln and Omaha
- Sept. 21** New Volunteer Orientation, Omaha
- Sept. 22** Autumn begins
- Sept. 30** Gold Star Mothers' Day

For more information
about VA NWHCS events,
visit www.nebraska.va.gov.



Building the Future Today

Anna Morelock | Public Affairs

t This year's theme for Hispanic Heritage Month is "Diversity United, Building America's Future Today." It is intended to promote the benefits of a united and diverse workforce by encouraging a reflection of Hispanic American contributions in the development of the United States.

National Hispanic Heritage Month is celebrated each year from Sept. 15 to Oct. 15. Sept. 15 is the day several Latin American countries celebrate their independence while Mexico and Chile celebrate on Sept. 16 and 18 respectively. Columbus Day, or Día de la Raza, also falls in this period.

The observance first began with a weeklong celebration in 1968. With the approval of a public law in 1988, it was expanded to the month-long period.

50.5 million The estimated Hispanic population as of the 2010 Census.

8.1 The percent of Hispanic employees in the federal government.

4,000 The approximate increase in the number of Hispanic employees in the federal government between fiscal years 2010 and 2011.

20.9 The highest percentage of Hispanic employees in a federal department – the Department of Homeland Security.

122,000 The number of Hispanic-origin people who were on active duty in 2010 in the United States.

1.2 million The number of Hispanic Veterans of the U.S. armed forces.

8 The percent of female Hispanic Veterans.

27 The percent of Hispanic Veterans who use VA health care.

18 The percent of Hispanic Veterans with a service-connected disability rating.

1975 Rita Moreno is the first Hispanic American (and the second person ever) to win an Oscar, a Grammy, a Tony and an Emmy.

1982 Gen. Richard E. Cavazos becomes the Army's first Hispanic four-star general.

1991 Ellen Ochoa becomes the first female Hispanic astronaut.


2009 Judge Sonia Sotomayor becomes the first Hispanic Supreme Court Justice in the United States. 



Photo Courtesy of the U.S. Army

Gen. Richard E. Cavazos won his first Distinguished Service Cross for his heroic actions during the Korean War.

What does the

U.S. Constitution?

mean to you

CONSTITUTION DAY IS SEPT. 17

"The Constitution is important to me as it provides freedom, rights and liberty that I get to enjoy every day."

Tammy Burns, LPN
North Platte CBOC



"It is a guideline for laws that govern our land to protect our freedoms and American way of life."

Jay Sprackler
Physical Therapy,
Lincoln CBOC



"To me, the Constitution is a blueprint on what our forefathers wanted then, now and in the future."

Jeff Boyle
Food Services,
Grand Island CBOC,
U.S. Air Force Veteran



"It's the letter of law, and, it's the foundation on what our country is founded upon."

Officer Elliott Gray
VA Police Service,
Grand Island CBOC,
U.S. Army Veteran



"It is important as it provides the laws to guide us. It grants us freedom, rights and liberty that we all benefit from."

Karen Ochs, RN
North Platte CBOC

mindful

yoga

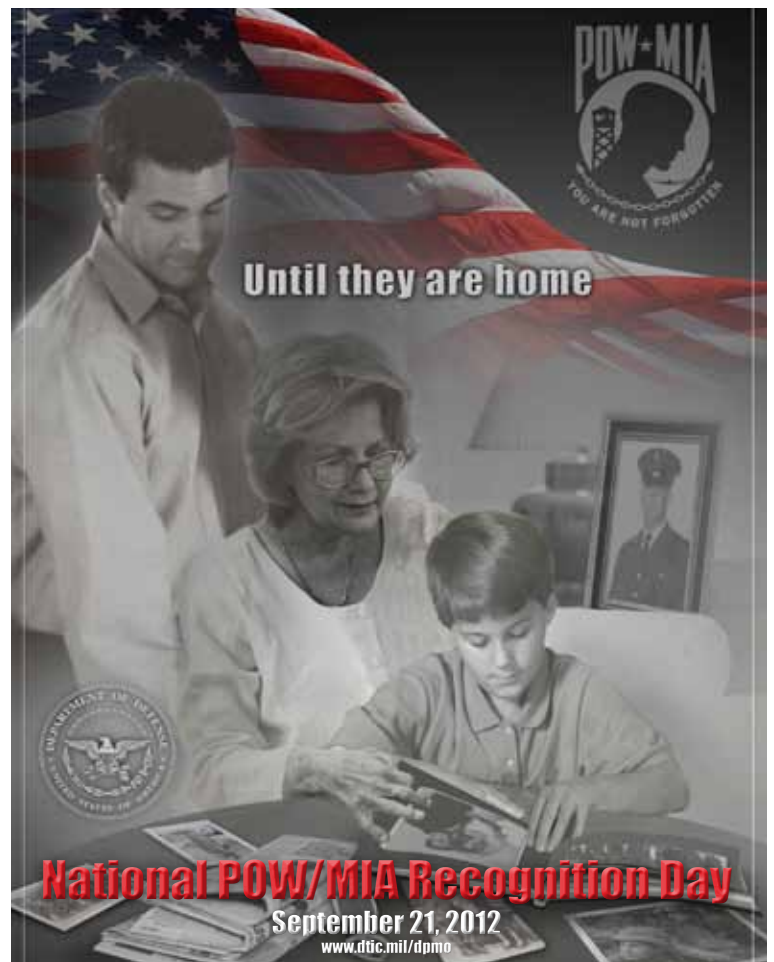
for Veterans Enrolled
in the Polytrauma
or PTSD Clinics

Yoga Therapy for Veterans coping with trauma combines physical postures, breathing techniques and meditation practiced together to learn relaxation, increase mental control, and improve overall well-being. It has been found to be especially helpful for Veterans coping with PTSD.

Veterans must be enrolled in the PTSD/PCT Clinic or receiving psychotherapy services in the OEF/OIF/OND Clinic or the Polytrauma Clinic to attend these offerings.

Thursdays
6 to 7:15 p.m.

For a Referral to the Program,
Contact the Polytrauma Clinic
at 402-599-4000 or the PTSD
Clinic at 402-995-3488 or
402-995-4944.





COLLABORATION:

Healthy Living

VA Nebraska-Western Iowa Health Care System promotes nine healthy living messages to keep Veterans feeling their best:

- Be Involved in Your Health Care
- Be Tobacco Free
- Eat Wisely
- Be Physically Active
- Manage Stress

ex·cel·lence [ek-suh-luh'ns], *n.*, **1.** the fact or state of excelling; superiority; eminence. **2.** an excellent quality or feature. **3. VA Nebraska-Western Iowa Health Care System**
—Syn. **1.** preeminence. **2.** merit, virtue.



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